



# Newcomer News

Information About  
Community Programs



Regina Region Local Immigration Partnership—Newcomer NEWS #2 - March 2016

Phone 306-791-6841



**FREE! Drop-In programs - Parents and Children  
Under 6!**

Parents or caregivers are involved with all activities, playing  
with the children! Everyone learns!

Open Monday - Thursday: 9am - 4pm

Friday: 9am - 1 pm.

Closed holidays



Free Play, Music Time, Story Time, Games and Activities,  
Exploring Art Materials, Rhythm and Movement—and many  
more. Activities for different ages.

Calendar on website: [http://www.reginakids.ca/rsu\\_docs/  
february-2016-newsletter---calendar.pdf](http://www.reginakids.ca/rsu_docs/february-2016-newsletter---calendar.pdf)



## Early Years Family Centres 3 Locations:

### Scott Collegiate

3350 7th Avenue

(west doors lower level)

(306) 523-3512

### Dr. Hanna School

55 Davin Cres

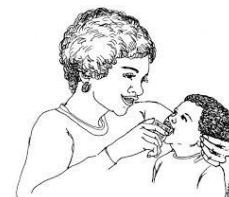
(306) 791-8229

### Miller High School

1027 College Ave

(second floor—  
stroller parking  
first floor)

(306) 519-8588



Contact: Lynda Gellner

306-535-5993

Email: [reginakids.ca](http://www.reginakids.ca)

# Regina Immigrant Women Centre (RIWC)



## FREE Programs

2248 Lorne St.

[info@reginaiwc.ca](mailto:info@reginaiwc.ca)

306-359-6514

[www.reginaiwc.ca](http://www.reginaiwc.ca)



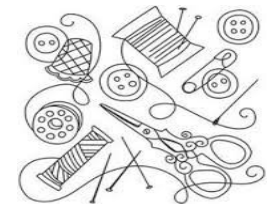
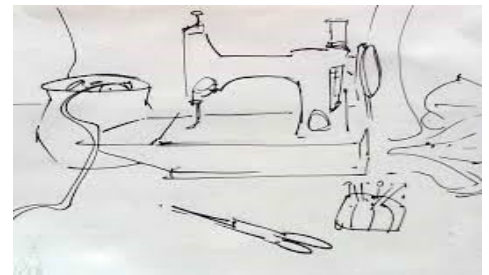
[ReginaIWC.ca](http://ReginaIWC.ca)

## Sewing Classes!

**Wednesdays and Thursdays:**

1:00 - 3:00 pm for 4 weeks

*Practise sewing, learning English, using patterns  
and a sewing machine, cutting, ironing, etc.*



*Volunteer Instructors. Registration required.*

## Drop-In Conversation Circles!

1. Phone for an appointment.
2. Meet with a settlement worker.
3. Provide documentation or a piece of ID. Register in person at RIWC.
4. Choose days to attend: Monday/Tuesday/Wednesday/Thursday  
9:30 - 11am; or 11am - 12:30 pm (Different language levels)



**LISTEN, TALK and MAKE FRIENDS!** (not CLB) No status or eligibility requirement! Volunteer-led.

Different topics - life in Canada, cultural celebrations (Christmas, Easter), winter, etc.

Have fun and learn!

# Regina Open Door Society Newcomer Youth Programs !!



Contact Roberto or Zainabu - 306-352-3500

Email: [youth@rods.sk.ca](mailto:youth@rods.sk.ca)

**Homework help** (support group) - (to help with school assignments and projects)

**Volunteer tutors** (University students)

Watch your marks go up!!



**Conversation Circle**—practise listening and speaking, ask questions, learn more about living in Canada

Every **Thursday** from **5:00 pm to 7:00 pm**

**Newcomer Welcome Centre - 2332 11th Ave**

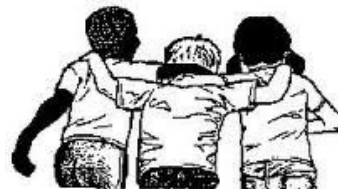


## Activities for Fun!

Skating, tours, learning games, crafts, etc.

**Special Summer Programs**

Check [www.rods.sk.ca](http://www.rods.sk.ca) for information.





1308 Winnipeg St

(go in 'Hockey Regina' doors and follow signs)

Phone: 306-347-3224

Email : reach.director@sasktel.net



REACH is an umbrella organization for many food programs in Regina.

### Good Food Box:

Produce sells for a not-for-profit price, often saving you as much as 1/3 to 1/2 of the grocery store produce bill.

- Each neighbourhood drop-off site (depot) has a volunteer coordinator who collects advance cash payment for the box (this MUST be done)
- Call 306-347-3224 to find your closest depot
- The produce is sorted and packed into boxes by volunteers at the warehouse
- Drivers deliver the boxes to depots throughout the city - within hours of being packed
- Go to your depot, take your own bags, and fill them with your produce. Pay for your next order.
- Two weeks later, pick up your next order!



### Mobile Stores: CASH ONLY!!

<b>Monday</b>	<b>11am - 1pm</b>	<b>Albert Scott Community Centre</b>	<b>1264 Athol St</b>
<b>Tuesday</b>	<b>2pm - 3:45pm</b>	<b>YWCA</b>	<b>1940 McIntyre St</b>
<b>Wednesday</b>	<b>3pm - 4pm</b>	<b>Eastview Community Centre</b>	<b>615 - 6th Ave</b>
<b>Thursday</b>	<b>3:30pm - 4:30pm</b>	<b>Rainbow Youth Centre</b>	<b>977 McTavish St</b>
<b>Friday</b>	<b>10am - 11am</b>	<b>Regina Senior Citizens Centre</b>	<b>2134 Winnipeg St</b>

- Fresh Fruits & Veggies
- Fresh Bread & Baking
- Canned Goods
- Dry Goods
- Milk & Other Dairy
- And Much More!!



GROCERY SHOPPING  
NOW TRY IT ONLINE!



Immigration, Réfugiés et Citoyenneté Canada

Immigration, Refugees and Citizenship Canada



Contact us: [www.rrlip.ca](http://www.rrlip.ca)

Email: [info@rrlip.ca](mailto:info@rrlip.ca)

